The pride of North Carolina's electric cooperatives

Volume 33, No. 6, June 2001

Carolina country

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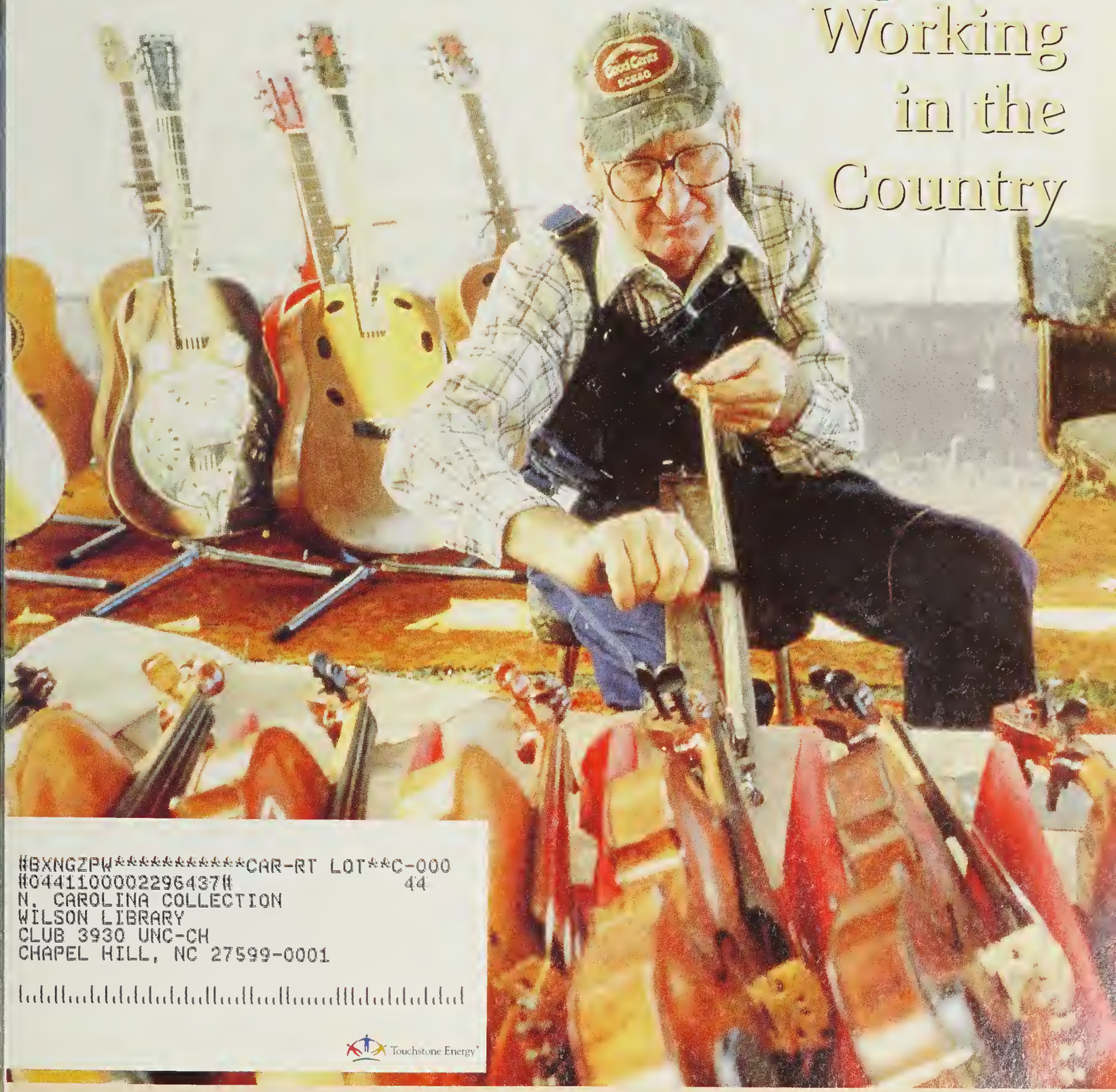

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Electric utility deregulation could work if . . . — See page 10

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Contents

Volume 33, No. 6, June 2001

FEATURES

SOMEONE HAS TO DO IT 12
You've heard the lofty goal: "We need to create more jobs." Here are some of your thoughts on the best ways to earn a living in the country.

SEA OATS TO THE RESCUE 16
David Nash of Brunswick County's Cooperative Extension, and a doctoral candidate at N.C. State University, is growing sea oats that may not only help stabilize our sand dunes, but also offer farmers an alternative crop.

FARM SHARE 24
An agency working in the Southeast delivers surplus produce and food products to people who are hungry and malnourished. Here's how you can help.

DEPARTMENTS

FIRST PERSON 6
Where is that derned rabbit? . . . Techno Cat . . . Under the shade out back. Plus: "Herbby Alford and the horn that Bobby made – The Power of Human Connections."

MORE POWER TO YOU 10
Randy Brecheisen says, "Deregulation can work if . . ." Plus: Your cooperatives at work in Raleigh and Washington, D.C.

MARKETPLACE 25-31
A showcase of goods and services.

JOYNER'S CORNER 29
How many sheep in the meadow? And: What happened to Jack after he fell down and broke his crown?

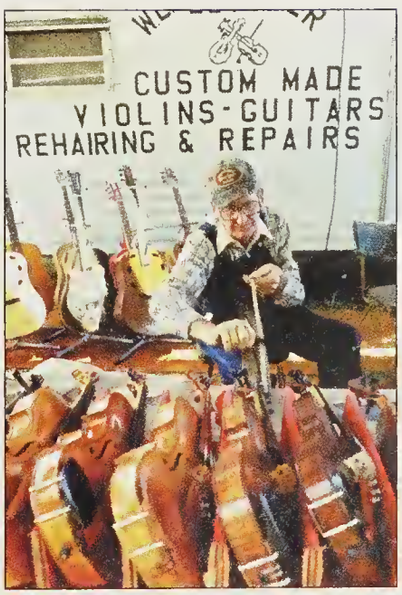
CAROLINA COMPASS 32
June events statewide.

ENERGY CENTS 35
Energy-efficient landscape lighting.

HANK'S GARDENING GUIDE 36
Make cuttings from roses.

CLASSIFIED ADS 37

CAROLINA KITCHEN 38
Broccoli Ham Ring, Grandma's Potato Salad and Ice Cream Sandwich Dessert.



On the Cover
Rehairing a fiddle bow at the Memorial Day weekend Fiddler's Grove festival in Union Grove. *(N.C. Division of Tourism)*

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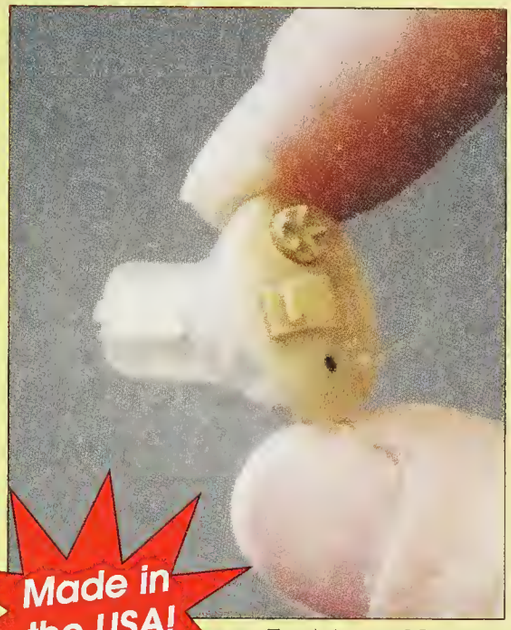

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A place for meditation and prayer

As a child I would watch my dad create beautiful landscapes out of almost nothing. When my wife, children and I moved to Monroe, I decided to use all I had learned from Dad and create my own haven. The view you see here is approximately 30 feet from my front window. I made this a place for meditation and prayer. The butterfly bush in the middle attracts hundreds of butterflies in a season. Thousands of blooms of mums of all colors are in this garden, along with sedum, red salvia, barberry, daylilies and some crepe myrtle. I even have a red delicious apple tree that should produce apples this season.

Brian R. Reaves
Monroe
Union Power Cooperative

Why not use all energy resources?

I wish to comment on the several letters concerning clean air/cheap energy (including one from Mr. Hunter in the April 2001 issue). These letters imply that clean air and reasonably priced energy are mutually exclusive. The underlying theme of all the letters seems to be the green activists' obsession with painting Americans as greedy plunderers of the world's resources. I resent that accusation and reject it out of hand.

The use of advanced technology for utilizing coal in base load generation of electricity could provide for clean air at a reasonable price. However, revival of the nuclear option would be a much better alternative, providing benefits with regard to efficiency, air quality and resources.

I'm sure the tree-huggers cringe at the mention of nuclear power, but I have a suggestion for them: move to the Left Coast and sit in the dark with their brethren and complain.

By the way, I advocate the wise use of ALL our energy resources, from solar to nuclear.

Walter L. Adams Jr.
Trenton

Where is that derned rabbit?

Everyone knows that things were tough during the Depression. When I was 10, my dad was up at dawn to go gin cotton. He got home at midnight.

I had made a rabbit box that I checked every morning. Day after day I was disappointed. Finally, one morning I had caught a rabbit. Excitedly, I raced to the blacksmith's shop where I received the grand sum of 25 cents for my rabbit. This was exorbitant wealth for a 10-year-old boy in 1936.

But, imagine my dad's surprise when he got home that night and did not have rabbit stew. That's what he had expected when he purchased the rabbit for 50 cents the day before and placed it in my rabbit box. He never told me of his disappointment until I was a grown man.

Leslie Flowers
Cary

What kids will say

Something happened last Sunday I thought was real funny. I sat reading the newspaper. My little 4-year-old grandson Daniel wanted me to hold him on my lap. I took him and started hugging and kissing him. He looked up at me and said, "Maw-maw, those cracks in your face make you look old." I laughed and tried to explain that they were called "wrinkles." He then said, "Maw-maw I still love you, cracks and all."

Years ago, when my son was in the second grade, he came into the kitchen while I was preparing dinner. He wanted to know how to spell 'musketeers.' I told him I wasn't real sure how to spell it. He then went to the refrigerator and opened the door for a few minutes. He then went back to his room. In a few minutes he returned with a paper for me to read. It said, "Me, Kenny and Tommy are the three mustard-tears."

Frances K. Wilson
Ellenboro

We'll miss Tri-County EMC

My family has really enjoyed being with Tri-County Electric at Dudley. We recently moved to another part of Lenoir County and will no longer be in this co-op. We will truly miss all the wonderful people at Tri-County that we have met through the years. You are great employees.

We will also miss going to the annual meetings and meeting the other members. I printed out a subscription order page from your Web site to order your wonderful magazine so that we may continue to receive it.

Margaret Frantz
Kinston

Stone Mountain

This photo was taken by my grandson, Gregory Allen Jenkins, during a field trip to Stone Mountain State Park in Roaring Gap. He is 10 years old and in the fifth grade at Copeland Elementary School in Dobson.

James Allen Jenkins
Dobson
Surry-Yadkin EMC

Techno cat

It was about four months ago when I saved Kit, my new kitten. He was seriously sick and near death when I brought him home and nursed him back to health. Ever since, he has been a handful, running around the house and making mischief.

One day when we were watching TV, he started chasing his tail and turning circles, trying desperately to catch it. He'd jump from one couch to the next and back. The last time he jumped up, he landed on the remote and changed the channel. Then suddenly, he looked up at the TV and lay down. It was as if he meant to do it.

Then a few days later, when we woke up in the morning, we heard African music playing in the next room. We got up and went into the next room to investigate. There was Kit sitting in front of the computer, which was mysteriously connected to the Internet. The music was playing from the Web site it was on. My husband looked at me and replied, "Maybe he's lonely and wants a foreign cat pal?"

We still get a good laugh every time we think about it.

Jody Brewer
Princeton

At Freida's front door

I remember vividly that autumn Saturday evening in 1962 at approximately 7 p.m. when I nervously eased out of my blue and white '56 Chevy Bel Air and walked toward the door. Freida and I had met at church. She usually accompanied her mom and dad when they would come by my house to pick up her sister, Peggy, who often would come home with my sister after school. "Peg" was my sister's best friend.

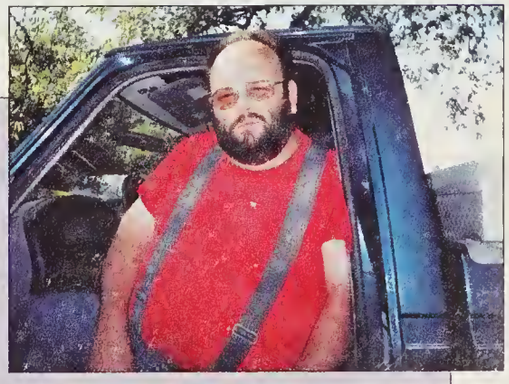
I had never seen Peggy's and Freida's parents up close. I stepped up and knocked on the door. Wham! The biggest boxer dog I had ever seen hit the screen door at a full run. Continuing almost in one move, he jumped up on the door, drooling and barking, his front feet about even with my shoulders. In a panicky retreat, I managed to take two quick steps backward. Then the light from inside was totally blocked as all 6-foot-4, 240 pounds of Freida's dad appeared behind the huge dog in the doorway. By this time, I was balancing precariously between the porch and the top step, my heart racing furiously. I wondered if all this might have been a mistake.

After being invited in, I calmed down a bit and became acquainted with the family, especially Sam, the brown Boxer, who wagged not only his tail, but his whole body of 120 pounds.

Freida and I had a fabulous time that evening at a local soda shop followed by a movie. I can't remember much about anything that evening except how her hair and eyes looked. The way her thick, silky auburn red hair caught the sun. Her blue-green eyes were so deep. There were many more wonderful evenings to come before our wedding June 27, 1965.

That was 35 years, eight months ago, and Freida is still the girl of my dreams.

Charles Edward Akers
Iron Station



Out back

This photo depicts something very common to rural North Carolinians: relaxing with family on a warm, lazy day under an old shade tree. This is my grandfather under the pecan tree at my great-grandmother's house. The tree has been there since before anyone can remember and shades the whole backyard.

Cissy Greene
Conway
Roanoke Electric Cooperative

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Herbby Alford and the horn that Bobby made

By Carla Kenney

My son, Bobby Kenney, who attends Rolesville Elementary School, had a task before him: the Science Fair! After long hours searching for just the right project, Bobby decided to make an electromagnetic horn.

Bobby Kenney

Bobby loves electronics and making things work using tools and batteries, much like his Grandpa Charlie who is an electrical engineer. Bobby and his daddy worked really hard trying to make this horn for the fair. Assembling it was easy: a large coffee can, toggle switch, insulated wire, wood, nails, screws. Needless to say, after the two created the model, the project looked pretty impressive.

Now the challenge: making the horn make noise!

Bobby and his daddy tried for hours and hours, tweaking this screw and adjusting this wire. Hours turned into days, which turned into tears for Bobby, as he knew that his project date was drawing near and his horn still didn't blow.

Well, on the day of the project's due date, Bobby shared his frustration and disappointment by saying that if only he knew a person who worked with electricity every day. (Grandpa was out of the state at this time.) Bobby and I looked up the phone numbers of a few electric companies in the Wake Forest/Raleigh area, hoping someone would be willing to help us out with some sound advice. All technicians were out on calls for the day, was the typical response.

But one gentleman, Herbby Alford at our electric cooperative, Wake Electric in Wake Forest, was willing to listen. We told Herbby about the project and our dilemma. He said he would study the project and get back with us. Bobby thought that was nice, but felt that there was no hope for this horn to blow by the end of the day. Bless his heart, Bobby left for school with a long face and said that he would be home right after school to pick up his project that just doesn't work.

Well, that gave me an idea. After I took the children to school, I hurried back home and called Herbby Alford at Wake EMC. We chatted about the project for a while, and to my surprise, he suggested that I bring the project down to his office so that he could take a look at it. I loaded the project and Bobby's baby brother, Charlie, into the car and headed straight for Wake Electric.

Thanks to Herbby's advice, we got the horn working. I left the EMC office wearing the biggest grin, in part because Bobby's project would be a success, but equally because I'd met a new friend. Herbby certainly did not have to commit to helping us at all, yet he took his time and effort to help another.

Needless to say, Bobby was thrilled with the "A" that he received. He added Herbby's card to the bibliography of his project and called him to tell him about his high mark and say thank you.

God bless Herbby Alford!

Herbby Alford is energy services supervisor with Wake Electric Membership Corporation in Wake Forest.

Wake Electric serves more than 20,000 families and businesses in Durham, Franklin, Granville, Johnston, Nash, Wake and Vance counties.

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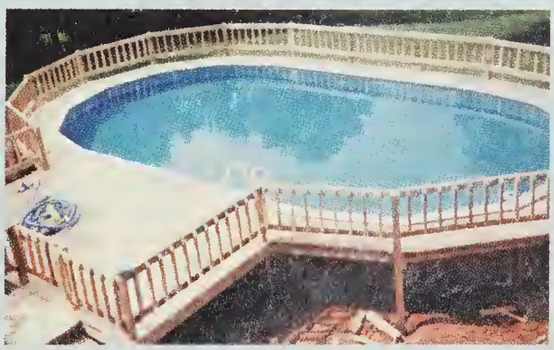

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Deregulation can work if . . .

By Randy Brecheisen

Randy Brecheisen

The deregulation of U.S. industries has taught one clear lesson: not every customer gets treated equally or equitably.

People who don't travel by airline or who don't make many long-distance phone calls may not have been affected by deregulation of those industries. But maybe you've heard the not-so-funny answer to the question, "What do you call a rural airline passenger?" A motorist!

However, we can say with certainty that a bad job of deregulating the electricity industry will affect everyone, because everyone depends on the quality of life supported by electric power.

As the issue of deregulating the electric utilities comes under discussion at the national level this year, you may hear some economists and marketers promote the rosy side of deregulation with sensational potential, theoretical promises. That's expected from the people who want to be on the "selling side" of the business. But what about those who are on the "buying side" of the meter — the consumers?

Consumer-owned electric cooperatives comprise the one electric utility industry segment that is dedicated to those who are on the buying side of the meter. Why? Because those electricity buyers are also the owners of the cooperative utility, and the cooperative is operated solely for service to the consumer.

That's why the local leaders of consumer-owned cooperative electric utilities are working to ensure that deregulation will benefit average people. Our concerns include the fair treatment of all customers, access to affordable electric service for everyone, and electric system safety and reliability. Achieving those results should be the primary goals of deregulation, not just footnotes.

Our position in North Carolina is that any federal or state proposal to restructure the industry should have appropriate consumer and industry safeguards and could work if it achieves the following:

Small consumers are treated fairly.

Deregulation could affect small, low-volume consumers much differently than large, high-volume consumers. Electricity costs should not be shifted to smaller customers, causing rate hikes for residential or small business customers who do not have the bargaining clout that large industrial customers have to negotiate the lowest rates.

Everyone has access to affordable service.

Access to affordable, reliable electric service is essential for all people. Low-income consumers and people in rural or inner-city areas should be protected from price-gouging and poor service. Without universal service guarantees, deregulating the industry will not help all consumers.

Safety and reliability are not jeopardized.

The U.S. electric utility industry is the world's safest and most reliable. That achievement should not be compromised in a rush to restructure the industry. Nobody will benefit from unreliable service or hazardous operations.

More generators are encouraged, not fewer.

Competition cannot be successful if electric power generation capacity is concentrated in the hands of a few electric generators. Customers could suffer if there are few sellers from which to buy and those few sellers are not held accountable to consumer safeguards. Mergers of electric and natural gas suppliers are reducing the number of competitors and could stunt the growth of competitive markets without adequate government and regulatory oversight and protection.

Local economic support remains a priority.

Electric cooperative consumers pay substantial state and local taxes. North Carolina's cooperatives collectively pay more than $67 million a year. If electric industry deregulation causes the shifting or loss of tax revenues, it could hurt states and local communities that work hard to be self-supporting.

Consumers come first.

The electric cooperatives believe in one simple phrase: "Consumers First." If the question of "Is it in the best interests of all consumers?" cannot be answered in a simple "yes," then we all need to go back to the drawing board and start over.

Randy Brecheisen is president and CEO of Piedmont Electric Membership Corporation, which serves more than 26,000 consumer-members in Alamance, Caswell, Durham, Granville, Orange and Person counties. He is also president of the North Carolina Electric Membership Corporation, the power supply cooperative for 26 of the state's electric cooperatives.

State officials praise co-ops for their role in development

Two new members of North Carolina's Council of State thanked electric cooperatives for their role in the state's economic development. The comments came during the annual meeting of North Carolina's electric cooperatives' statewide organization held in Raleigh April 5-6.

State Treasurer Richard Moore, a lifelong member of Wake EMC, in a keynote address said he expects the national and state economy to improve by the end of the year, despite the budget shortfall now facing state government. In addition, he lauded the cooperatives for the role they play in economic development across the state.

State Labor Commissioner Cherie Berry, a long-time member of Rutherford EMC, said a local cooperative's annual meeting is a chance to view the "fabric of the community" as it brings together young and old, rich and poor, sick and healthy and lets them all have a voice in how their electric cooperative is run. Berry said she and other government leaders could learn a lot from the cooperatives' business model.

The annual meeting of N.C. electric cooperatives also meant elections for various boards. Albemarle EMC General Manager Jeff Edwards was elected to represent North Carolina on the board of the National Rural Electric Cooperative Association in 2002.

The following were elected as Statewide association officers:

N.C. Electric Membership Corporation
(the cooperatives' power supply organization): R.G. "Randy" Brecheisen of Piedmont EMC, president; Curtis Wynn of Roanoke Electric Cooperative, vice-president; J. Ronald McElheney of Jones-Onslow EMC, secretary-treasurer.

N.C. Association of Electric Cooperatives
(the statewide service association): Delbert Cranford of Randolph EMC, president; Buddy G. Creed of South River EMC, vice-president; J. Dean Carpenter of Rutherford EMC, secretary-treasurer.

Tarheel Electric Membership Association
(the statewide material supply cooperative) B.L.Starnes of Union Power Cooperative, president; L. Calvin Duncan of Brunswick EMC, vice-president; Norman Sloan of Haywood EMC, secretary-treasurer.

Also addressing the delegates was Jim Cain, president and chief executive officer of the Carolina Hurricanes of the National Hockey League, who spoke about the challenges of branding hockey in the South.

North Carolina State University head women's basketball coach Kay Yow told the delegates she thinks her team has a legitimate chance to make the 2001-2002 NCAA Final Four. In this year's NCAA tourney, the Wolfpack advanced to the Sweet 16.

At the electric co-op's annual meeting in April, Rutherford EMC General Manager Gary Whitener (right) and his wife, Linda (left), welcomed Cherie Berry, who is N.C. Labor Commissioner and an active member of Rutherford EMC.

Brunswick EMC sponsors Touchstone Energy tournament

At the Touchstone Energy Beach Diamond tournament in Brunswick County April 16-18, Brunswick Electric Membership Corporation helped bring Touchstone Energy a little closer to home.

In the nation's capital

Board members and staff of North Carolina's electric cooperatives discussed deregulation and other issues with the state's Congressional delegation in Washington in May. Shown top right are 6th District Rep. Howard Coble (left) with Rutherford EMC General Manager Gary Whitener. Below is 12th District Rep. Mel Watt (left) with Tideland EMC director Leon Bryant of Engelhard.

Someone has to do it

The finest way to earn a living in the country

Most sensible people would rather live in the country, where (so far) the air and water are clean, you can find some peace and quiet, and in most places you can see the stars at night. Not long ago, however, living in the country placed us at an economic disadvantage. Rural people routinely drifted to more urban areas to find work and a larger society, a migration that nearly drained the country culture of its ways: the country ways of teaching and learning, making music and art, binding together and of simply getting up in the morning and working.

Today the migration has reversed. People are not only staying in the country but also moving here from the outside. For one thing, cooperatives formed in the 1930s and 1940s to bring electric power to rural homes and farms. And now, transportation, telecommunication, education and commerce make living in the country more comfortable and affordable than just 50 years ago.

Still, it's not easy to make a living out here. For many of us, the benefits of rural surroundings make worthwhile any struggle for financial superiority. But more and more we're seeing people who not only can find fulfilling work to do, but who also just like what they do anyway. It's a country attitude.

Thanks to everyone who told us what they believe is "the finest way to make a living in the country." Here are some winning samples. More are on our Web site at www.carolinacountry.com

Next month we'll publish your idea of "The finest drive in North Carolina." (Deadline was May 15.) For the remaining themes of our "Nothing Could Be Finer" series, see page 14.

— Michael E.C. Gery

Driving mules and shucking corn

Louie Edwards and her quilt.

I was born on a farm in 1915 in Randolph County near the Tabernacle township. Born on a Monday morning for the total sum of $2.50, the only baby ever delivered, washed and dressed by Dr. Jeff Bulla.

The farm I grew up on had good low land as the Uwharrie River went through making the ground very rich. We raised lots of corn, cane, wheat and beans. Our livelihood came from selling garden produce, milk, butter, eggs, berries and whatever surplus we had. My Pa farmed with a team of mules, Jane and Radio. Later, he got a younger team, Kate and Sal.

One day when I was about 7 or 8 years old, I went down to the field to tell Pa to come to lunch, and one of the mules lunged at me. I went under the barbed wire and the mule jumped over the wire. I went back through the wire, severely cutting my left leg. I refused to ride a mule to the house, so Pa had to carry me. When we got to the house, Pa sewed up my leg with a needle and sewing thread and then doctored it with boiled turpentine. I did not walk for six weeks.

Harvest time was busy. We didn't have a freezer, so everything had to be canned, dried or salted. The women did the canning and preserving. As fall approached we set out strawberry plants for the coming year. We took leaves from the woods to put in the fields to help richen the ground. A cold snap meant it was time to kill hogs. The men did the scalding and cleaning, and the women did the canning, preserving and cooked out the lard.

Corn shuckings served as a time for work and socializing. The women cooked all day in preparation for the shucking. A girl who got a red ear often had a red face, because she would get a kiss from a boy. We enjoyed those times with our neighbors.

My favorite work was piecing quilts. In winter, the women got together to sew and piece quilts. One of the quilts graces my bed today.

I think working on the farm, though hard, was the most enjoyable work I have ever done.

Louie Edwards
Asheboro

Ms. Edwards was a member of Randolph EMC until coming in August 2000 to reside at SunBridge Care & Rehabilitation in Asheboro, a skilled nursing and assisted living facility where I am administrative assistant. I am a Pee Dee EMC member and share my Carolina Country with her.

Beth Bruton
Candor

Delivering the mail

I am a letter carrier for the United States Postal Service. I get to enjoy all the beautiful things that God has made every day. (Except I didn't enjoy the black snake stretched across a porch between me and the mail slot.)

There is Mr. Jones, who fixes me lunch every Saturday. Why does he fix me lunch? You see, Mr. Jones lives on a very busy city street, and he is crippled and can't get to his mailbox very easily, so I put his mail on his back porch.

Then there are the two widowed sisters who live on different streets on my route. When the older sister's car is in the other one's carport, I know that they are at the coast. One day the car was in the carport with the keys

hanging out of the trunk. I took the keys and delivered them to her son, who also lives on my route. I got a nice fresh loaf of homemade bread for this.

Then there is another widow. She checks her mail every day. One day she had not gotten her mail from the previous day. I knocked on her door. No answer. I let her neighbor know my concern. The next day I found out the lady had pneumonia. The neighbor took her to the hospital, and after a lengthy stay she was back home. I got a very emotional thank you and a wonderful hug.

Need I say more?

Cynthia Darnell
Mocksville
EnergyUnited

My best friend and me at school

Working to afford a horse

We aren't all fortunate enough to work in the country by farming and raising livestock. Some of us have to do all that paperwork!

At age 35 I decided to attend Martin Community College and achieved an associate's degree in equine technology. I loved going to school, seeing the sun come up, smelling the hay, sweet feed and horses. The horses would start shuffling their feet, the barn cats meowing to be fed.

Chances of getting a job in the horse business or starting a business in eastern North Carolina are slim. I have been fortunate enough to have a job that allows me the ability to have and support a horse for showing and trail riding.

Denise Skeens
Aulander
Roanoke Electric Cooperative

Nursing hospital patients

Growing up I was torn between two professions, one as a teacher or two as a nurse. I chose nursing school and I haven't regretted it once. I have worked as a registered nurse for almost 14 years.

I have mainly worked with adult patients. Everyday I meet new people from around the country who come to North Carolina Baptist Hospital for different procedures, surgeries and treatments. Every day I am responsible for patient care, whether it is emotional or physical. For example, I administer medicine, alleviate pain, position someone to a comfortable position, teach the patient or family member how to manage a drain or dressing, or hold the hand of a dying patient.

It is not a glamorous job, but every day I can leave work knowing I made a difference. Every day I treat fellow human beings with compassion and dignity and leave them feeling somewhat better.

We all greatly need compassion and every day I'm lucky enough to give it.

Sherry Reece
Hamptonville
Surry Yadkin EMC

Raising turkeys

Being a turkey farmer is the finest way to make a living for me. Sure, it's a dirty job, but someone has to do it, and I'm glad it's me. This June makes 16 years we've been raising turkeys. We've seen lots of changes.

We started raising turkeys as diversity to our tobacco and row crop farming. We got out of tobacco and row crop farming and bought another turkey farm seven years ago. It is also something I could do while staying at home to raise our three children. They have grown up working in the turkey houses, so they haven't gotten into too much trouble.

I'm an outside person, and I love animals. I'm my own boss, and I'm happy with having great servicemen to guide me in looking after the turkeys. The integrator we grow for has stood behind us in good and bad times.

I also get to work side-by-side with my husband every day. I feel blessed to be able to do the work I do and enjoy it all at the same time.

Scarlette Rouse
Seven Springs
Tri-County EMC

Hanging vinyl siding

The finest way I've ever earned a living was hanging vinyl siding with my dad. He's been in the business for close to 20 years now. I've helped him on and off since I was 15. I'm an outdoor person, so I doubly enjoyed the work.

We used to have the best times, laughing and joking. My dad's a nut anyway.

It was great being outside on those gorgeous spring and summer days. The sun would be shining bright, and the wind would blow just slightly. And I would know that besides doing something I liked, I was making money, too.

Then in the winter, when it was extremely cold, or on rainy days, we just stayed home.

I finally had to quit when I was about seven months pregnant with my son. Now I really miss it.

I often think back on those days and wonder if I'll ever get to do it again. Sometimes I say to myself, "Maybe."

But the thing I miss the most is all the quality time I spent with my dad. Although, we did have a few spats here and there, to me, he's the best boss ever.

Denise Brinkley
Nebo
Rutherford EMC

Tending flowerbeds and landscapes

I went to work in the cotton mills at 18. I thought this was fine until my younger brother got me to work outside with him. I worked in the mill six nights a week, then after I got up I would work four hours with him.

After a while I got into lawn work, mostly flower beds. It is so rewarding to clean, design and take care of so many different flowerbeds and the wonderful colors that are produced each season. So many different types of plants, trees and bushes. I never stop being amazed at each house I maintain, at the new plants, colors and combinations. This work is rewarding by nature and brightens my days when I am down. I admit it is hard, but to me landscaping is making a small part of the world a small beauty spot.

JoAnn Burleson
Albemarle
Union Power Cooperative

(continued on page 14)

Repairing septic tanks and drainfields

Septic tank and drainfield repair is nose down the finest way to earn a living in the country. I am always eagerly welcomed at the job site by the entire family, and I am also gratefully thanked when I leave. While working on the septic systems, I am left to admire the beautiful countryside in quiet peace, with the exception of a few gurgles and giggles.

Since I am continuously breathing in only the finest quality of fresh country air, I rarely get sick. In the event that I do develop a stuffy nose, I possess the knowledge of self-healing at my fingertips. I can simply open the lid to the septic tank, take a whiff and after the shock wears off, my nose once again breathes easy.

However, the best reason I enjoy my job is that I always have the best stories and jokes to tell at parties. No matter how great I feel that my job is, I must warn that like my remedy for stuffy noses, septic tank and drainfield repair is not for the faint of heart or stomach.

James Carter
Rutherfordton
Rutherford EMC

Farming in any weather

My husband and I have been married since 1950. When we married we settled down on the family farm next to his parents. Farming was our livelihood for the next 50 years.

We grew peanuts, cotton, corn and soybeans. We picked cotton by hand (what a back breaker.)

One day we were picking cotton a half-mile from the house and a cloud formed in the east. I told my husband we needed to go to the house. His answer was, "We don't get our rain from that direction." We worked until it started to rain. I jumped in the trailer, and he tried to start the tractor with no luck. He jumped off and ran for the house, leaving me to run and get there the best I could. (What a way to treat a new bride.) I got soaking wet.

When we got to the house he asked where some dry clothes were. My reply was, "I'll not telling you. Find them yourself." This made us laugh for many years.

Despite the ups and downs we farmed the rest of our working years. Farming is hard work, but if you work together you can make a go of it. It takes hard work and faith in God. Without the proper weather, there will be no harvest. We worked at it and made a decent living.

Hazel Ricks Vinson
Conway
Roanoke Electric Cooperative

Selling at a yard sale

We needed $50 to pay a bill. My wife and I looked around our house for things we didn't use and put them in our truck and took therm to a yard sale in Durham at an old drive-in theater. We made $50 and helped people who didn't have these things.

James Jones
Wake Forest
Wake EMC

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August 2001
"The Finest Thing a Teacher Told Me"
Why did it make a difference?
Deadline: June 15

September 2001
The Finest Photo in North Carolina
Color, B&W. People, places. (Digital must be 300 dpi).
Deadline: July 15

October 2001
"The Finest Restaurant in North Carolina"
Whose is it, and why is it so good?
Deadline: Aug. 15

November 2001
"The Best Thing That Ever Happened to North Carolina"
Long ago or recently.
Deadline: Sept. 15

December 2001
"The Finest Person in My Life"
Tell us why.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay $50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

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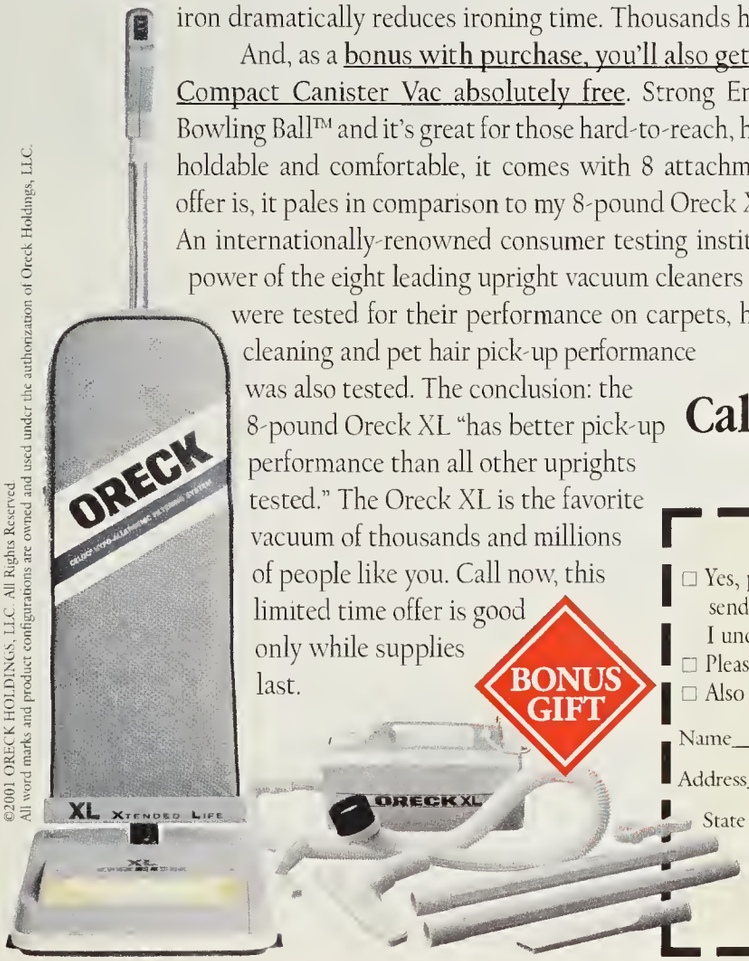

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Extension agent David Nash believes some 150,000 sea oats can help stabilize new sand dunes at Oak Island

As beach lovers head to North Carolina's coast this summer, how many of them realize that if dune migration and erosion continue unchecked along our coast, the beach may some day no longer be there?

Work by North Carolina Cooperative Extension Agent David Nash, however, may lead to a natural erosion control method that also benefits the state's agricultural economy. David Nash is studying local strains of sea oats that not only help beach dunes stay put, but also might provide an alternative crop to tobacco farmers.

"The beach is a public trust. And since it doesn't look like anyone is about to retreat, the only right thing to do is preserve," says Nash, who works in Brunswick County and is pursuing his doctorate in North Carolina State University's College of Agriculture and Life Sciences.

After determining through research that indigenous sea oats had a better survival chance than other strains, Nash introduced the float system for cultivating local sea oat seeds. The system, based on tobacco germination techniques, involves growing seedlings on floating greenhouse beds. He's introducing the technique to farmers, both to provide alternative income and to end North Carolina's dependence on sea oats grown outside the state.

"The ones we were buying from Florida were costly and weren't doing well in this environment," he says.

In addition to setting up such educational efforts as the Master Dune Conservation Program, in which volunteers replant and care for dunes, Nash also educates area students during field trips to Brunswick County's coast.

Sea oats — named for their large oat-like summer plumes — colonize dunes' seaward sides from Virginia to Florida and along the Gulf of Mexico. They flower in their second or third year to produce wind-dispersed, sesame-sized seeds. They spread laterally several feet a year, providing in three seasons a dense cover that modifies the harsh beach environment, pioneering the way for other plants and animals. Sea oats once were widely used, then fell out of favor due to high costs and difficulties in finding quantities needed for restoration and sta-

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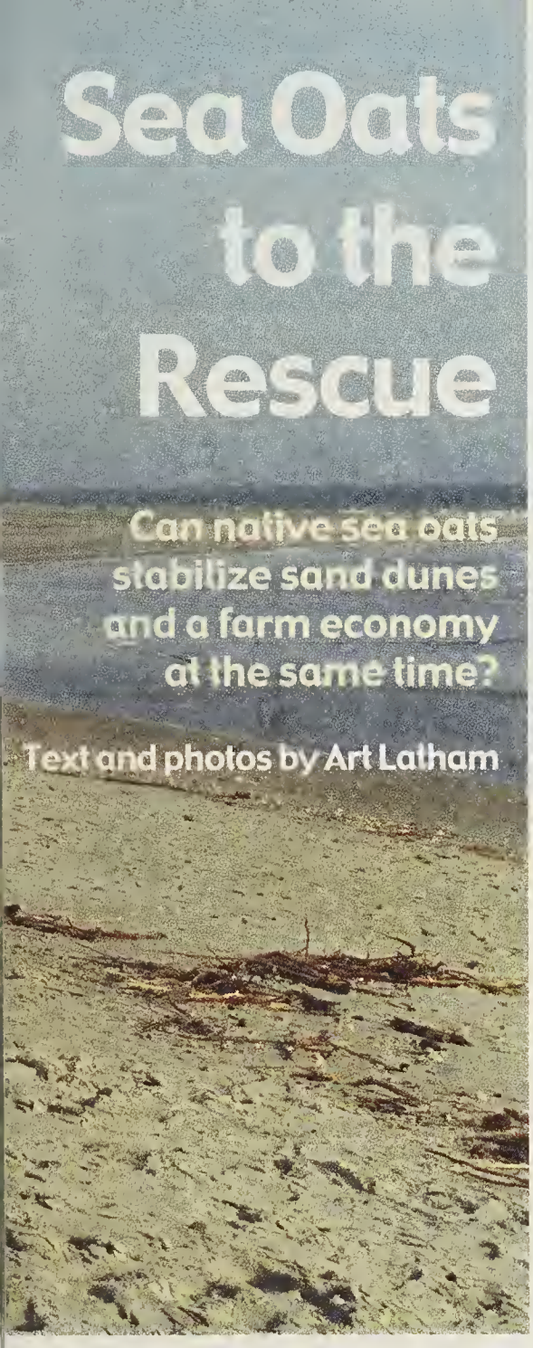
Art Latham is news editor at the N.C. State University's College of Agriculture and Life Sciences.

Sea Oats to the Rescue

Can native sea oats stabilize sand dunes and a farm economy at the same time?

Text and photos by Art Latham



bilization. Now they apparently are enjoying a resurgence, thanks in part to Nash's work.

He says that only four or five plants do well on the frontal dunes, and North Carolina grows three of them: sea oats, American beachgrass and bitter panicum.

"Dunes exist only because of vegetation like sea oats and beach grass," Nash says. "Once established, sea oats resist erosion well, actually catching blowing sand and building the dune, although waves can wash the soil out from under them. They're unique because the more sand that accumulates around them, the better they like it, so they grow as the dune grows."

The best dune protection is a natural mix of plants, Nash says. The low areas between dunes, called the slack, fill in naturally with plants such as gallardia, camphor weed, horseweed, Russian thistle, pennywort, smilax, trailing wild bean and seaside goldenrod. "We've even planted sandspurs to keep people off the dunes," he says.

At work on the coastline

Nash and his helpers aren't just tossing seeds into the wind. They are key players in two massive beach-related undertakings: the Oak Island Sea Turtle Habitat Restoration Project and the Wilmington Harbor Channel Realignment Project.

The Sea Turtle project involves the U.S. Army Corps of Engineers, Congressional approval, $10 million in local and federal funds and a mammoth dredge that is pumping 1.5 million cubic yards of sand from an Intracoastal Waterway site along four miles of pipe to the beach.

To meet the need for plantings, town employees and volunteers harvested sea oat seed heads growing on government property then had them professionally cleaned to extract seeds. Two part-time Oak Island employees nourished the trays of 80,000 seedlings in two greenhouses.

"Those seedlings would have cost the town about 50 cents each, or $40,000," Nash says. "The goal is to produce about 150,000 plants. We can do that in two plantings this year, about 12 weeks from seed to dune."

Nash also intends to "turn" the greenhouse three times this year, to produce a total of about 240,000 plants needed to stabilize dunes built from sand provided by the Wilmington Harbor Channel Realignment Project. That project will dump 5.5 million cubic yards of beach-quality sand on Bald Head Island, Holden Beach and the town of Oak Island, which includes the former Caswell, Yaupon and Long beaches.

"They usually dump such dredge sand offshore as required for the lowest cost of disposal, but the cheapest way in this case is to place the sand on the beach at Bald Head Island and the eastern end of Oak Island," Nash says. Oak Island and Holden are paying to have some of the sand pumped the additional distance to their beaches, he says.

Despite the efforts of Nash and others dedicated to stabilizing the coast, it must sometimes seem as if even nature plots against revegetating a dune. All along the Carolina shore, seasonal squalls swirl ghostly sand sheets north or west across narrow, hard-surfaced roads to the same shifting, anonymous fate that awaits any unanchored beach. And hurricanes can finish the beach-removal job dramatically.

Some native Tar Heels might recall that Long Beach was completely overswept by Hurricane Hazel in 1954, with nothing left in most locations but a few bits of plumbing pipe projecting from flat white sand. More recently, Hurricane Floyd ripped up so much Brunswick County coast that it took six weeks' labor to plant 50,000 beachgrass sprigs along a 9-mile stretch of devastated beach.

Ken Grisset, a Brunswick County tobacco farmer who tried growing sea oats, says he could raise thousands of plants if hurricanes would stop tearing up his greenhouse.

Nash remains optimistic.

"After a storm goes through, it's obvious that while a vegetated dune might be a temporary barrier, it still might be the barrier that saves your house," he says.

And he's not dreaming alone. Local growers Steve Mercer and Jason Simmons should produce a combined half-million plants this year, Nash says.

"I'm confident there will be more producers as this goes along," he says. "People are coming down from Dare and Currituck counties to see what we're doing, and we have requests from South Carolina. That was the whole idea, to have our farmers grow plants that would be used in-state."

Adds Nash, "It's nice to finally see some fruits from five years' labor."

For more information about David Nash's work with sea oats, contact David Nash at Brunswick County Cooperative Extension. Phone: 910.253.2610. E-mail: david_nash@ncsu.edu

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20	Call for more information		11.77	11.24	18.81	17.50	30.62	28.00
21			11.77	11.24	18.81	17.50	30.62	28.00
22			11.77	11.24	18.81	17.50	30.62	28.00
23			11.77	11.24	18.81	17.50	30.62	28.00
24			11.77	11.24	18.81	17.50	30.62	28.00
25			11.77	11.24	18.81	17.50	30.62	28.00
26			11.77	11.24	18.81	17.50	30.62	28.00
27			11.86	11.33	19.03	17.71	31.06	28.43
28			11.86	11.33	19.03	17.71	31.06	28.43
29			11.86	11.33	19.03	17.71	31.06	28.43
30			11.86	11.33	19.03	17.71	31.06	28.43
31			11.86	11.33	19.03	17.71	31.06	28.43
32			11.86	11.33	19.03	17.71	31.06	28.43
33			11.86	11.33	19.03	17.71	31.06	28.43
34			11.94	11.33	19.25	17.71	31.50	28.43
35			11.94	11.41	19.25	17.93	31.50	28.87
36			12.03	11.50	19.46	18.15	31.93	29.31
37			12.12	11.59	19.68	18.37	32.37	29.75
38			12.21	11.77	19.90	18.81	32.81	30.62
39			12.39	11.94	20.34	19.25	33.68	31.50
40			12.56	12.21	20.78	19.90	34.56	32.81
41			12.74	12.39	21.21	20.34	35.43	33.68
42			12.92	12.65	21.65	21.00	36.31	35.00
43			13.09	12.83	22.09	21.43	37.18	35.87
44			13.45	13.09	22.96	22.09	38.93	37.18
45			13.89	13.45	24.06	22.96	41.12	38.93

MONTHLY RATES

Issue Age	$50,000 Male	$50,000 Female	$101,000 Male	$101,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
46	Call for more information		14.42	13.71	25.37	23.62	43.75	40.25
47			15.13	14.07	27.12	24.50	47.25	42.00
48			15.92	14.51	29.09	25.59	51.18	44.18
49			16.72	14.95	31.06	26.68	55.12	46.37
50			17.60	15.39	33.25	27.78	59.50	48.56
51			18.48	15.83	35.43	28.87	63.87	50.75
52			19.37	16.27	37.62	29.96	68.25	52.93
53			20.34	16.89	40.03	31.50	73.06	56.00
54			21.40	17.51	42.65	33.03	78.31	59.06
55			22.81	18.31	46.15	35.00	85.31	63.00
56			24.23	19.10	49.65	36.96	92.31	66.93
57			25.73	19.99	53.37	39.15	99.75	71.31
58			27.50	21.05	57.75	41.78	108.50	76.56
59			29.71	22.28	63.21	44.84	119.43	82.68
60			32.62	23.79	70.43	48.56	133.87	90.12
61			36.25	25.47	79.40	52.71	151.81	98.43
62			40.31	27.23	89.46	57.09	171.93	107.18
63			45.00	29.27	101.06	62.12	195.12	117.25
64			50.30	32.01	114.18	68.90	221.37	130.81
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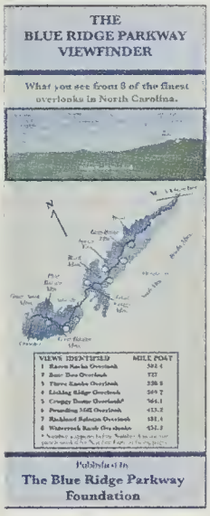
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Animal lovers Lisa Law and Jill East operate a non-profit service reuniting Piedmont pet owners with lost pets. Visit www.lassiecomehomenc.org to post information about lost or found pets. The site offers tips on what to do if you've lost a pet, how to keep your pets safe, and pet-related links. You can also print out a lost pet poster. Send donations to defray costs to: Lassie Come Home NC, P.O. Box 398, Walkertown, NC, 27051.

A stop light for crossing guards

After months of research and development, Norma Tingle, a North Carolina inventor, recently revealed her plans for a new safety stop light for crossing guards. The hand held, lighted device sports a bright safety alert light and red octagonal front and rear insert panels imprinted with the word "STOP." Drivers who fail to see the safety light can be stopped with the use of a horn located inside the handle.

Tingle chose to develop this product after observing dangerous school crossing situations. "... one dark and foggy morning, I saw a crossing guard at a school crossing walk out into five lanes of traffic with a dark sign on a stick, not visible at all, to stop traffic for children to cross. This frightened me..."

Tingle actively seeks a company to manufacture, market and distribute the safety lighting device in exchange for a royalty agreement.

For more information, visit www.safety-light.inventon-line.com or call Tingle at (910) 483-9061.

State's oldest museum chooses new site

The Mint Museum of Art has embarked upon a $68 million capital campaign to raise funds for a new 125,000 square-foot facility located at 11th and North Tryon Streets. The museum has been outgrowing its space for some time now, with 80 percent of its holdings currently in storage. Major touring exhibitions have also been limited by the museum's exhibition space, which is at least half of the space usually required to accommodate such exhibits. The Mint Museum's name comes from its original building — the first branch of the United States Mint of Philadelphia. For more information about the Mint Museum, check out their Web site at www.mintmuseum.org, or call (704) 337-2000. You can also write to the museum at 2730 Randolph Road, Charlotte, NC 28207.

Coastal Federation buys White Oak River land

The North Carolina Coastal Federation recently completed part of a comprehensive strategy to keep the White Oak River beautiful and pristine. Supported with a $2.1 million grant from the North Carolina Clean Water Management Trust Fund (CWMTF), the federation purchased a 776.6-acre parcel that covers several miles of river and creek shoreline in Onslow County between Swansboro and Stella. Increased human activity threatens the river, which forms a boundary between Onslow, Jones and Carteret counties.

Carolina Country Store

www.carolinacountry.com

Civil War re-enactment needs recruits

Civil war surrender ceremony takes place at the Appomattox Courthouse as part of the Living History program.

If you've ever wanted to relive history, the 26th Regiment North Carolina Troops re-enacts Civil War battles throughout the southern states. Participate in the battles or watch the action from the side lines. The 400-member group recruits for its four infantry companies, artillery, calvary and fife/drum corps.

To apply for a membership online, or to learn about upcoming events, visit www.26nc.org. You can also contact Skip Smith at (828) 754-4488.

Looking for an unusual place to hold your event? Try a farm

If you hanker to go on a hayride, mine for gemstones or celebrate a special event in a unique way, visit Hill Ridge Farms. Located 20 miles north of Raleigh in Youngsville, the 55-acre farm opens its doors to the public, from families to students on field trips and everyone in between. The farm puts together custom catered events and is currently accepting reservations for its new conference center, available in August 2001.

For more information or to schedule your event, call (919) 556-1771 or (800) 358-4170. You can also visit www.hillridgefarms.com.

Mountain scenes and Bible verses

The Mountain Meditations Calendar, compiled for 29 years by retired Montreat College professor Jack Crawford, has been sold in 74 countries. The calendar pairs photographs from the Smoky and Blue Ridge Mountains with scripture verses for every month. It sells for $7.50 including shipping, with discounts for quantities. To order, contact MEDCOR Calendars, P.O. Box 757, Eustis, FL, 32727 or call (352) 357-8399.

Brunswick County wildlife property is protected

The North Carolina Department of Agriculture and Consumer Services (NCDA&CS) recently preserved one of the world's six remaining principal habitats for the Venus flytrap. The site is also home to 38 other rare and endangered plant and animal species, including the rough-leaf loosestrife and red-cockaded woodpecker. The NCDA&CS Plant Industry Division acquired the 5,400-acre Reeves-Telecom property in the Boiling Spring Lakes Wetland Complex Natural Area in Brunswick County through its Plant Conservation Program.

The nonprofit North Carolina Chapter of The Nature Conservancy will oversee the preserve through a joint management agreement. This site contains the largest concentration of unprotected rare and native plants in the state, and future project acquisitions will likely expand the total protected area to include 12,600 acres.

Appalachian Summer Festival

Travel to Boone June 29 – July 28 and take your pick of 25 music, dance and theatre programs included in the Appalachian Summer Festival. An outdoor fireworks concert, sponsored by Blue Ridge Electric, showcases the talented voices of country singer Jo Dee Messina and Grammy Award-winning bluegrass artists Ricky Skaggs and Kentucky Thunder. The festival also includes a series of visual arts exhibits, lectures and workshops for adults and children.

Tickets range from $12 - $24 for adults. Contact the festival box office at (800) 841-2787 for brochures or tickets. On the Web at www.appsummer.appstate.edu.

We've begun stocking the shelves of the new Carolina Country Store. It's our way of showcasing and supporting the growing economy of the North Carolina countryside.

Do you have something to stock on the Carolina Country Store shelves? Send information and pictures to our storekeeper Tara Verna through the Web site or at Carolina.country@ncemcs.com.

The store is open 24 hours a day, every day, at www.carolinacountry.com

www.carolinacountry.com

"A Better Day With REA"

The Renfroe Collection of Fine Art recently introduced a new oil painting by Pamela C. Renfroe entitled, "A Better Day With REA." The work, licensed by John Deere Company, depicts "a rural garage where people are eagerly awaiting electricity for the first time."

The limited edition print retails for $50 plus $12 shipping and handling.

Contact the Renfroe Collection of Fine Art at (706) 376-5707 or e-mail renfroeart@hartcom.net in Hartwell, Ga., for more details.

Watauga County Farmers will open Wednesdays

The Watauga Country Farmers' Market in Boone is open to the public Saturday mornings through October, and adds Wednesday mornings in July and August. Since 1974, the market has provided a way for consumers to purchase fresh organic produce directly from farmers. In addition to local fruits, plants and vegetables, the market offers jams, jellies, mountain honey, herbs and herbal products, flowers, baked goods, farm fresh eggs, and farm-based crafts and yard art.

Visit the market in the west parking lot off of Horn in the West Drive in Boone. For more information, contact Wanda Vines at (828) 297-3837.

Brevard Music Center gears up for summer

Set in the foothills of North Carolina's Blue Ridge Mountains, the Brevard Music Festival offers a full range of operas and concerts with renowned guest artists. Spanning June 16 – August 10,the festival begins with folk legend Art Garfunkel and singer/songwriter David Wilcox.

This yearly musical celebration runs in conjunction with Brevard's intensive summer study program for gifted high school, college, and pre-professional musicians, ages 14 and older.

For information or to purchase tickets, call the box office at (828) 884-2019 or (888) 384-8682. You can also order online at www.brevardmusic.org.

Food safety Web site

The Food Safety Web site was designed by individuals with the North Carolina Cooperative Extension Service at N.C. State University in order to promote food safety education via the Internet. The Web site is a gateway to food safety sites which are divided into 10 main categories: Meat, Poultry, Eggs, Fish & Seafood, Milk & Dairy, Fruits, Vegetables, Hot Topics, and Organisms of Concern. The Resources category is specific to North Carolina Family and Consumer Science Extension Educators with program materials, resources and general information provided. Check out the Web site at www.ces.ncsu.edu/depts/foodsci/agentinfo/.

Stand tall with Garden Seeder

The Garden Seeder tool allows gardeners to plant, irrigate and fertilize their gardens while standing. Rather than aggravating injuries and joints by bending or stooping, the Garden Seeder allows you to stroll and sow seeds with the pull of a trigger.

The long, lightweight plastic tube connects to a plastic two-liter bottle. Simply screw in your bottle, cut off its base, and fill it with the gardening medium of your choice. A metal bolt and valve operation permits both large and small seeds, dry sand or fertilizer to easily pass through the tube. In addition, the tube can be used as a winter bird feeder and sand or salt spreader for icy conditions. Cost is $15, plus shipping.

To learn more about the Garden Seeder, visit www.gardenseeder.com or call (319) 351-0224.

Learn from seasoned authors

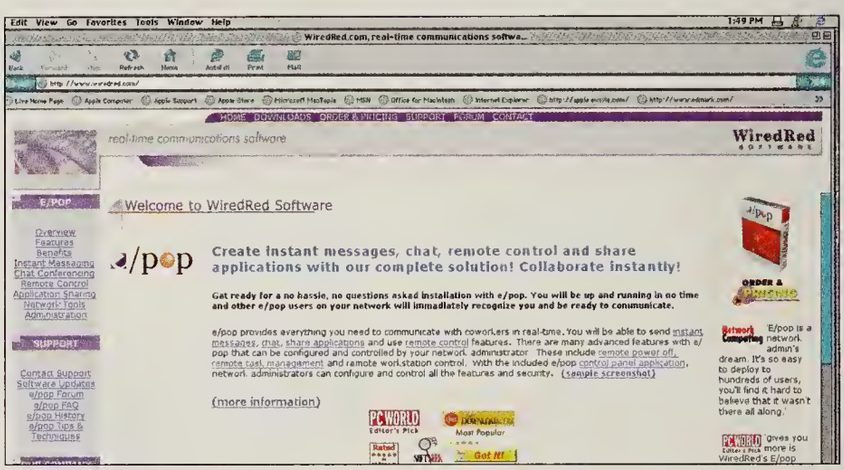
The eighth annual Writer's Roundtable provides an opportunity for beginning and unpublished writers to learn from seasoned professionals on June 23 – 24. Taught by regionally and nationally known authors, editors and publishers, the classes range from southern fiction to tips on working with publishers. The event takes place at the University of North Carolina at Wilmington. Cost is $50. For more information, contact Jack Fryar at (910) 763-9573. You can also request a registration form at JEFPUBS1@aol.com.

Instant Messaging

On the Internet, chat isn't idle anymore.

In approving the $103.5 billion merger between America Online and Time Warner in January, the U.S. Federal Communications Commission stipulated that AOL must allow users of competing programs to communicate with its instant messaging programs when AOL makes high-speed versions available.

Instant messaging, or IM, is the latest incarnation of online chat, which has been popular on the Internet with young people since a Finnish man created Internet Relay Chat in 1988.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e/pop provides everything you need to communicate with coworkers in real-time. You will be able to send instant messages, chat, share applications and use remote control features. There are many advanced features with e/pop that can be configured and controlled by your network administrator. These include remote power off, remote task management and remote workstation control. With the included e/pop control panel application, network administrators can configure and control all the features and security. (sample screenshot)
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Instant messaging is instant gratification. Unlike with e-mail or online group discussions, there's no cooling your heals as you wait for responses to your typed-in comments, questions, jokes, insults or flirtations. You check to see if a pal is online and available, key in a "Wassup?" or its equivalent, and you're chatting away.

The FCC's involvement underscores that IM is also big business. Along with its more social aspects, IM can provide buttoned-down benefits for many organizations.

Business use, until recently just a trickle, is expected to surge. IDC, an information technology market research firm in Framingham, Mass., projects that the business IM market will grow 140 percent during each of the next five years, from 5.5 million users worldwide in 2000 to 180 million users in 2004.

Business use of IM has surprised a lot of people. "Instant messaging is a technology that nobody planned on," says Ken Orr, a researcher with the Cutter Research Foundation, an information technology research group in Arlington, Mass. "Over the past two years people have realized they can use IM for a lot more than just chat."

Among the uses: Mail-order companies are deploying IM for customer service to help prevent long telephone hold times. E-commerce companies are bolstering their Web sites with IM buttons so customers can immediately chat with a customer service rep rather than send e-mail. Businesses in many industries are leveraging IM for collaboration. Universities are using it for distance learning.

To see IM in action, check out the Web site of the clothing retailer Lands' End, at www.landsend.com. When you click on a "Lands' End Live" button, you can engage in text chat with a customer service rep or request that a rep phone you.

The most popular IM software for consumers are two programs now owned by AOL: ICQ (pronounced "I seek you"), which was created by a small Israeli company and is available for download at www.icq.com, and AOL Instant Messenger, at www.aol.com/aim. Yahoo Messenger at http://messenger.yahoo.com and MSN Messenger at http://messenger.msn.com are also players. All are free.

Of the four, ICQ, which I've had the longest experience with, is the most comprehensive and provides the best tools for finding and organizing your contacts, setting up group meetings, and protecting against unwanted contacts. Yahoo Instant Messenger is the easiest to get started with.

IM programs that specialize in business use include Lotus Sametime at www.lotus.com/sametime, Novell's Instantme at www.digitalme.com, QuickConference at www.prgrsoft.com, e/pop at www.wiredred.com, and Jabber at www.jabber.com. Businesses using these programs typically set them up on their own private servers rather public servers as with consumer IM programs. Costs typically range from $10 to $90 per desktop.

There's nothing stopping businesses from saving money by using free consumer IM products and public servers for business IM use. The pay products, however, offer considerably beefed-up security.

Instant messaging in general does have its downside, of course. Used indiscriminately, it can be a distraction and a time sink. Also, typing on a PC for most people isn't as convenient or as communicative as talking on the phone.

Unlike e-mail, IM programs don't typically provide an audit trail unless users manually save or print out each session. If you need a record of your communications, e-mail or other technologies are better choices.

Instant messaging also lacks the interoperability of e-mail. If you're using Yahoo Messenger, for instance, you can't communicate with someone using ICQ. AOL thus far has thwarted attempts by other companies to enable their IM products to communicate with AOL's. AOL cites security concerns, but most observers feel the company is trying to protect its market share.

The FCC's recent action, in the future at least, will force AOL to use open standards, which will help fuel IM's growth. Although IM will probably never replace e-mail, it could easily become as common.

Instant messaging is a new technology that has a wide open future, with wireless, voice, and video among the many possible applications that could take off. "The best uses," says Orr, "haven't been thought of yet."

Reid Goldsborough is a syndicated columnist and author of the book Straight Talk About the Information Superhighway. He can be reached at reidgold@netaxs.com or http://members.home.net/reidgold.

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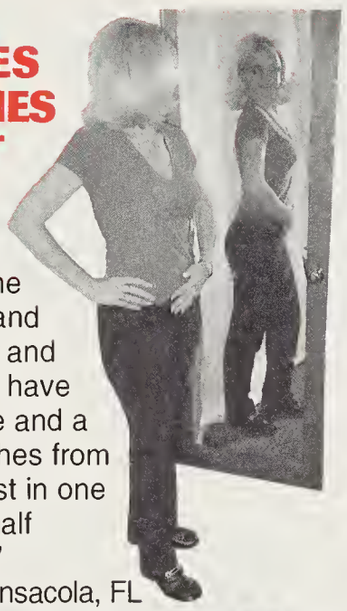

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Above statements are extracted from letters received by the publisher from readers

* *Testimonials are atypical, your weight loss may be more or less.*

Farm Share ships recovered produce to help feed others for free

By Tara Verna

On a scale of worthy causes, Farm Share ranks at the top. Since its inception in 1991, the nonprofit organization has recovered more than 90 million pounds of nutritious produce and delivered this food to the needy—at no cost.

Based in Florida, Farm Share's handful of volunteers and staff serve as a link between farmers with surplus produce and social service agencies. These farmers, located throughout the United States, donate fresh fruits and vegetables considered unsuitable for the retail market due to size or minor blemishes. Other groups—packers, workers, wholesalers and grocers—donate as well. Farm Share then arranges for delivery of the donated food to a network of nonprofit organizations that share the wealth of produce with low-income families at no charge.

"Given our limited resources and skeletal crew of staff, this organization's growth over the past decade has been flabbergasting," said Darma Rodriguez, executive marketing and program development director for Farm Share.

Farm Share ships more than four million pounds of food each year to a network of agencies in Florida and along the eastern seaboard, including North Carolina. That translates into nearly 900,000 meals monthly to more than 120,000 needy households.

Supporting Farm Share and North Carolina farmers

Various Salvation Army agencies throughout North Carolina already receive truckloads of fresh produce from Farm Share. And many North Carolina farmers, packers, brokers and wholesalers participate in and donate excess fruits and vegetables to this valuable program.

Pete Johnson, owner of Quality First, an organization of growers, shippers and packers in south Florida, finds Farm Share to be "a good deal for farmers and recipients." Originally from Hendersonville, NC, Johnson said, "It often takes us two to three days to ship perishable produce. If it is already ripe and we've yet to ship, we use Farm Share as an outlet for masses of people to take advantage of our loss. We help them, plus we avoid the sometimes sizeable fees for dumping produce."

The organization continues to expand and reach out to more and more needy recipients. Farm Share's long-term goal is to maintain a presence in all 50 states and promote an interchange of fresh produce among various communities according to the seasons. More recipients mean more donations.

And donating has its rewards. Beyond benefiting needy families, Farm Share provides farmers with a number of advantages as well. Participation in the program allows farmers to:

- Dispose of produce not marketable at the retail level and avoid costs associated with disposal
- Increase field productivity
- Potentially increase sales as a result of product exposure and positive publicity
- Receive an IRS-approved tax donation receipt

Also, farmers who choose to donate are protected from liability by the Good Samaritan Food Donation Act of 1996.

Other ways to help

Even if you do not work in the produce industry, there are additional ways to support Farm Share.

"Last year, we donated 114 truckloads of food in Florida, but only 12 outside of the state," said Rodriguez. "Approaching corporations and requesting truck sponsorship is a great way for people to help us out."

Other ways to support Farm Share include:

- Churches, service agencies, municipalities and other groups can join the network of nonprofit organizations working to feed America's needy. Organize a number of agencies and designate one as the lead agency that applies to Farm Share.
- To meet rising demand and ensure an ample food supply, Farm Share also accepts canned, packaged and frozen goods, as well as meats.
- Monetary donations allow Farm Share to purchase new equipment and meet operating costs.

If you would like to donate to Farm Share, fill out an online form at www.farmshare.org or call (888) 749-FARM.

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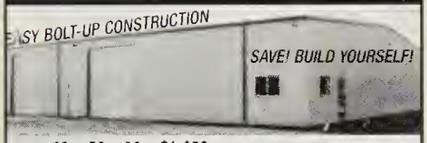

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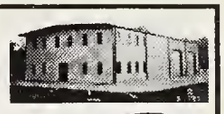

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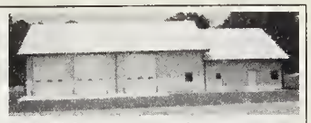

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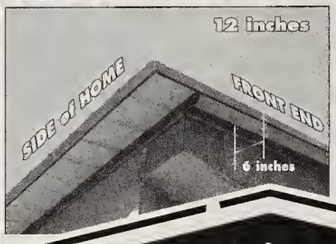

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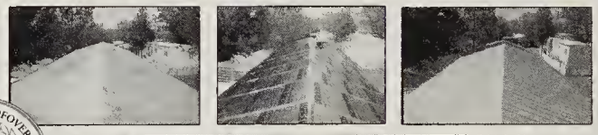

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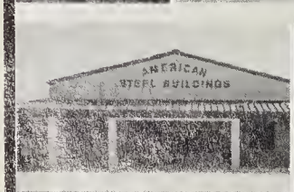

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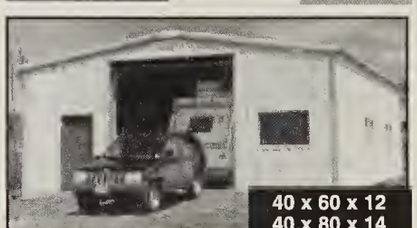

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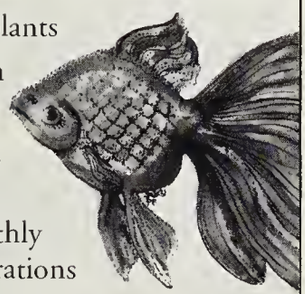

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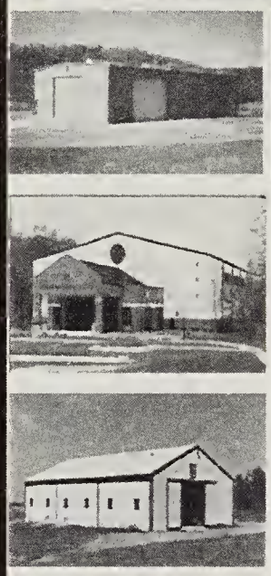

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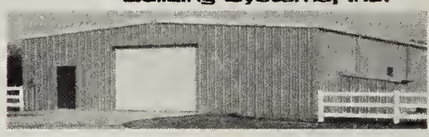

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	5			

X

M
3

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BDCEHIKTU means
s c r a m b l e d

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```
          S H E E P
      ------------
W 3 | M E A D O W
      3
      ---
      M A
      ---
        P A
        ---
        P H
        ---
          M D
          ---
          M O
          ---
            M O
            ---
            M O
            ---
              W
              3
              W
              3
```

Answers are on page 37.

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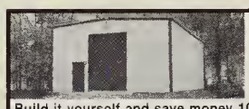

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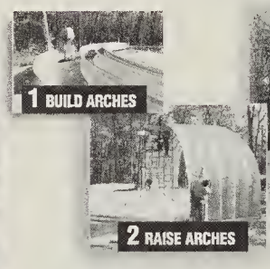
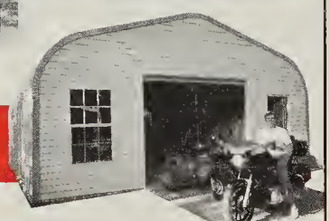


1 BUILD ARCHES

2 RAISE ARCHES

3 ADD ENDWALLS



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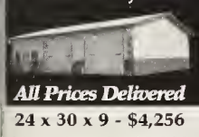

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Handcrafts
June 8-9, Brevard
Transylvania County Handcrafters Guild, (828) 966-9482

Blue Ridge EMC Annual Meeting
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Occaneechi Saponi Festival
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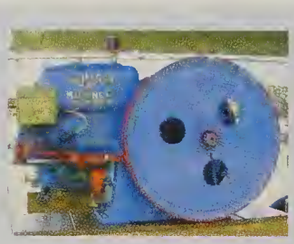

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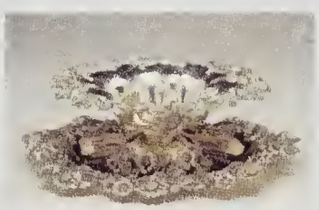

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continued on next page

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After June 10: (252) 398-4478

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Efficient outdoor landscape lighting

By James Dulley

Porcelain tulip landscape lighting.

The newest fiber-optic or low-voltage landscape and security light kits are a good choice for all of your outdoor needs. These kits are very easy to install yourself and they are energy efficient. Purchasing a complete kit (transformer/timer, fixtures, wiring, etc.) is the simplest method or you can buy all the components separately.

Since you can install these kits yourself, you will not have to be concerned about limiting the number of lights to minimize the electrician's fees. This allows you to locate the lights to target specific areas instead of just flooding a larger area with light.

By targeting smaller selected areas with more, but less-bright fixtures, you will cut your electric bills. This also reduces the stray light that causes problems for birds and some nocturnal animals. In the subdivision where I live, most people have wasteful floodlights on all night and the sky never gets really dark. Many municipalities are passing ordinances that limit the number of lumens (brightness) of outdoor lighting allowed.

Over the past several years, there have been many ornate and contemporary models introduced. Some of the most ornate redwood, cedar and die-cast metal models can cost from $50 to over $100 for each light fixture. For those on a tight budget, the complete lower-cost durable plastic kits are still available. You can mix and match various fixtures and add just a couple of the expensive ornate ones in high-visibility locations.

A low-voltage landscape light kit.

Hi-tech fiber-optic lighting kits are the safest to install and use because the individual light fixtures have no electricity connected to them. A single projector box that houses only one light bulb is plugged into a standard electrical outlet. You can locate the projector wherever you wish. You may want to attach it to a motion-sensor switch for times when you are not using the outdoor area. This can frighten away an intruder.

Once you install the projector, locate the individual light fixtures wherever you need them. Some kits allow you to install up to 24 bollard-style lights to a single projector unit. Run the thin fiber-optic cables from the projector to the individual light fixtures through your gardens, along walkways, etc. You will be surprised how durable the fiber-optic cable is. Each fiber-optic fixture has the equivalent light output of a 10-15 watt low-voltage light.

Futuristic-looking fiber-optic lighting fixtures are also available, but you can use only a maximum of 16 fixtures per projector. An optional slowly spinning color wheel inside the projector can change the colors of the lights. For swimming pools, decks, patios, etc., contour lighting using a side glow fiber-optic cable is attractive. The entire cable glows to mark an edge or a walking path.

The variety of designs and applications of safe low-voltage (12-volt) lighting kits is constantly expanding. For example, built-in deck and stair lights are available. New "let's edge it" kits are ideal for lining walkways and driveways. These use realistic-looking durable plastic bricks that weather like real brick. With built-in wiring connectors, they just snap together. A 20-foot kit includes six lighted bricks and 22 unlighted bricks. The swiveling connector pieces between the bricks looks like real mortar. This allows the bricks to form a curve to follow a walkway. If you want to accent trees, for example, they swivel enough to form a 42-inch diameter circle.

Most low-voltage lighting kits now offer features like automatic timers, electric eyes and dimmer controls. Many new all-metal designs use frosted and decorative cut glass for attractive and efficient lighting. New designs, specifically for landscaping, such as inverted tulip-shaped lights and ones with planters built into the base, are ideal for flower gardens.

Another key area of improvement has been in the wiring connector design. If you have ever tried to attach old fixtures and ended up with sore fingers and lights that flicker, you will appreciate this. These new connector designs are much easier to snap on to the heavy 12-volt wire. Some are now also sealed to minimize corrosion for true maintenance-free operation.

There are several light bulb options with low-voltage lights. Choose fixtures with halogen bulbs and built-in reflectors for bright directional accent lighting. Small standard incandescent or super-efficient 5-watt fluorescent bulbs are good choices for pathway or area lighting.

Write for (or instantly download - www.dulley.com) Utility Bills Update No. 983 - buyer's guide of 13 low-voltage/fiber optic lighting and brick kit manufacturers listing styles, fixture materials, features, prices and outdoor lighting design tips. Please include $3.00 and a business-size SASE. Send it to James Dulley, Carolina Country, P.O. Box 54987, Cincinnati, OH 45254.

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by Hank Smith

June heralds summer's arrival with her glorious array of plant life. Pause briefly to reflect on previous accomplishments, but don't hesitate too long—additional planting, fertilizing, spraying, dusting, watering and pruning await your attention. As temperatures climb, plan to work in your garden during early morning hours. Increased daylight means that you can also wait until cooler evening hours to mow, create edging and dig.

Spray roses regularly with an insecticide-fungicide combination to protect the plant from insect pests and black spot disease. Spray in early morning or early evening.

Vegetables

Although most vegetables are already in the ground, there's still time to plant snap bean seeds and transplants of tomatoes and peppers. Warm weather means special care for transplants that wilt and die quickly under a hot sun. To prevent transplant shock, water deeply, immediately after planting. Apply a starter solution of fertilizer and shade each transplant with a board, newspaper, or some type of shading material.

Check plants regularly for insect pests. If you find a light infestation, merely pick off the harmful bugs, beetles, or worms and destroy them. Do the same with their egg masses. Check small vegetable gardens often to avoid using chemical insecticides.

Garden soil is now warm enough to cover in mulch without impeding plant growth. Mulch helps to control weed growth, conserve moisture, and lower ground temperatures. And, mulch provides a soil-free cushion for crops such as squash, cucumber and melon.

A rosy future

Produce semi-hardwood cuttings from roses during the growing season. Make cuttings from stems just before blooming, at the time of flowering, or just after flowers mature. Prepare a 6-inch deep cutting box with holes in the bottom for drainage. Cover holes with fine gravel. Use a mixture of half sand and half Vermiculite; sand plus half peat moss; or sand alone. Make cuttings five to six inches in length. Apply slanting base cut just below a bud. Leave upper leaves on cutting. Dip the cut end in Rootone. Then insert cuttings in soil, leaving two or three inches of cutting exposed. Cover box with unbleached sheeting supported on stakes so that sheeting is about 24 inches above box. Place in shaded area and water well. Keep soil moist, and do not allow it to dry out.

Lawn care

The longer the grass blades, the stronger the root system. During long dry spells in summer heat, set the mower blade high so that grass height protects roots. Rake or pick up long clippings and add them to the compost pile. Leave shorter cuttings to decay and add nutrients to the soil. These cuttings also protect the soil from the drying effects of the sun. If there's little rain, water lawn well. Soak rather than sprinkle. Check for chinch bugs, and, if needed, get started on control.

Hort shorts

- Remove blooms from herbs to direct plant energy to produce foliage, not flowers.
- Begin spray program to control tea scale on camel lias. Use Cygon at one-half teaspoon to a gallon of water. Repeat application at monthly intervals.
- Fertilize summer grasses such as Zoysia, Bermuda and Centipede. Do not fertilize Fescue until fall.
- After foliage dies, dig and store tulip and hyacinth bulbs.
- Roots trailing out of drainage holes or bulging through the top layer of soil indicate that potted plants need more room. But you may want to remove plant from container and examine root ball before deciding to repot.
- Fertilize rose bushes.
- If daffodils multiply and become crowded clumps that produce little to no blooms, lift, divide and replant.
- Spray roses regularly with an insecticide-fungicide combination to protect the plant from insect pests and black spot disease. Spray in early morning or early evening.
- Divide and transplant iris.
- Fertilize azaleas with special azalea and camellia food, or use a balanced fertilizer like 8-8-8 or 10-10-10.
- The first spring is a critical time for newly planted shrubs and trees. Water these newcomers deeply once or twice a week during dry periods.
- Summer annuals need a monthly feeding of 5-10-5 fertilizer. Check regularly for pest problems. Keep dead blooms pinched from plants.
- There's still time to plant squash, watermelon, tomato and cucumber plants, lima beans and okra.

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15766 x 3 = 47298

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287643 / 3 = 95881

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BROCCOLI HAM RING

Since this sandwich ring uses convenient crescent rolls, it takes little fuss to prepare. It makes a great appetizer for a party, too.

2 tubes (8 ounces each) refrigerated crescent roll dough
1 ½ cups (6 ounces) shredded Swiss cheese
¼ pound fully cooked ham, diced (about ½ cup)
2 ¼ cups chopped fresh broccoli
1 small onion, chopped
¼ cup minced fresh parsley
2 tablespoons Dijon mustard
1 teaspoon lemon juice

Unroll crescent roll dough and place triangles on a 12-inch pizza pan, forming a ring with the pointed ends facing outer edge of pan and wide ends overlapping. Lightly press wide ends together.

Combine the remaining ingredients; spoon over wide ends of rolls. Fold points over filling and tuck under wide ends (filling will be visible). Bake at 375 degrees for 20-25 minutes or until golden brown. Yield: 6-8 servings.

ICE CREAM SANDWICH DESSERT

No one will believe this awesome dessert is just dressed-up ice cream sandwiches.

19 ice cream sandwiches
1 carton (12 ounces) frozen whipped topping, thawed
1 jar (11-¾ ounces) hot fudge ice cream topping
1 cup salted peanuts

Cut one ice cream sandwich in half. Place one whole and one half sandwich along a short side of an ungreased 13-by-9-by-2- inch pan. Arrange eight sandwiches in opposite directions in the pan. Spread with half of the whipped topping. Spoon fudge topping by teaspoonfuls onto whipped topping. Sprinkle with ½ cup peanuts. Repeat layers with remaining ice cream sandwiches, whipped topping and peanuts (pan will be full). Cover and freeze for up to 2 months. Remove from the freezer 20 minutes before serving. Cut into squares. Yield: 12-15 servings.

GRANDMA'S POTATO SALAD

6-7 medium red potatoes (about 2 pounds)
¾ cup mayonnaise
½ cup sour cream
½ cup plain yogurt
⅓ cup thinly sliced green onions
2 to 3 dill pickle spears, chopped
4 ½ teaspoons Dijon mustard
1 teaspoon prepared horse radish
2 garlic cloves, minced
½ teaspoon celery seed
½ teaspoon salt
¼ teaspoon pepper
Dash onion salt
Dash garlic powder
4 hard-cooked eggs, coarsely chopped

Place potatoes in a saucepan and cover with water; bring to a boil. Cook for 20-30 minutes or until tender; drain and cool slightly. Slice potatoes into a large bowl. In a small bowl, combine the mayonnaise, sour cream, yogurt, onions, pickles, mustard, horseradish, garlic and seasonings. Pour over potatoes and toss to coat. Gently stir in eggs. Cover and refrigerate for 2-3 hours. Yield: 8 servings.

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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